

PPD’s “News to Live By”

PPD ES&H Newsletter

February 2011

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Slip and Fall Injuries

With the arrival of winter, we have been noticing a rise in slip and fall injuries. Below are some of the most recent:

1. Employee slipped in a parking lot and went directly to meetings. Injury was not reported that day. Employee was in such pain the following day, he stayed home. Employee reported to Medical two days after the incident, where he was released to work without restrictions. *Report all injuries immediately to your supervisor.*
2. Employee was carrying a cable reel out to the work vehicle. After placing the reel in the vehicle, employee turned to walk away, slipping on a patch of ice and falling to the ground. The area had been plowed, but patches of snow and ice were still present. He reported to the Medical Office the next day. No treatment was necessary and he returned to work with no limitations.
3. As an employee was approaching their vehicle, they slipped on a snow-covered icy tire track. Their right leg slid out sideways while they fell forward. Employee had pain in groin area while walking or standing. Was sent to clinic for x-rays. Investigation is still on-going at this time.

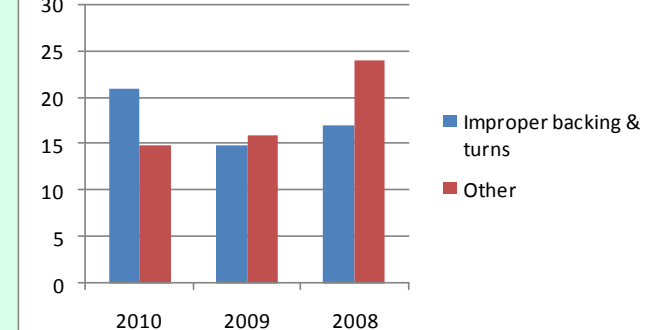
To avoid an injury similar to those above, please take extra precautions when traversing on potentially slippery walkways:



- Pay close attention to surfaces before every step you take.
- Avoid unshoveled or ice-covered areas.
- If you must walk on ice, take short steps, shuffle your feet, bend slightly and walk flat-footed with your center of gravity over your feet.
- When entering or exiting a vehicle, use the vehicle for support.
- Toss salt on nearby untreated surfaces - especially stairs and slippery surfaces.
- Use footwear that provides traction on snow and ice. For information on footwear with traction, contact your supervisor or SSO, the Fermi Stockroom or the shoe mobile

To see an example of how to walk across slippery areas, check out this [video](#).

Traffic Safety—Inspecting Around Vehicles



The Traffic Safety Subcommittee has posted stickers (see photo of sticker on right) in all government vehicles to remind you to perform a walk-around inspection of the vehicle prior to moving it. You should observe for any obstacles prior to moving the vehicle.



Improper backing and turns accounted for the highest number of traffic-related incidents that occurred on-site in 2010, as shown in the chart on the left. A majority of those incidents could have been prevented, had the driver walked around the vehicle looking for obstructions first. Check out all Fermilab’s traffic safety information [here](#).

Remember to check the area around your personal vehicles as well, including when outside of work. According to [Kids and Cars](#), each week in the U.S. approximately 50 children are backed over by cars. 2 out of those 50 die. Even if your car has parking sensors or a video camera installed, it may not detect the child until it is too late.

Home Heating Safety

The [United States Fire Administration \(USFA\)](#) and [Consumer Product Safety Commission \(CPSC\)](#) are urging homeowners to be cautious with their home heating. The winter season typically shows an increase in home fires and carbon monoxide-related deaths.



- An estimated 54,000 heating fires occur in the U.S. each year.
 - * 180 people die annually due to home heating fires.
- At least 15,000 Americans suffer from unintentional, non-fire related carbon monoxide exposure each year.
 - * There have been an average 500 carbon monoxide poisoning deaths annually in the U.S.

To learn more about the dangers of carbon monoxide, check out the [NFPA’s Carbon Monoxide Safety Tips](#) or the [CPSC’s “Invisible” Killer](#) pamphlet. The USFA also provides tips on what to do, should your CO detector alarm, in their [Exposing an Invisible Killer](#) factsheet.

To read more about preventing winter home fires, please read this [Winter Fires, Safety Tips for the Home](#) pamphlet.

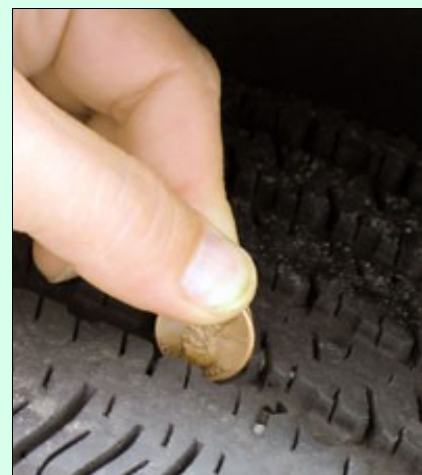
Check Your Tires

During the wet, wintery season, it is very important to check the wear of your tires’ treads. Driving with worn tires can increase your risk of a crash, as the tires cannot grip the road properly. Regularly check your tire tread depth, and replace worn tires before they become a safety risk.

A simple way to check the tread depth of your tire is to use the Lincoln’s head penny test. Place a penny up-side down in the tire tread. If you can see all of Abe’s head, your tread is 2/32 inch deep or less, and should be replaced. Make note of any uneven or irregular tread wear. This could indicate a need for a tire rotation or wheel alignment.

The tire tread on the right still covers the top of Abe’s head, and therefore is not ready for replacement.

You can learn more about tire safety at the Rubber Manufacturers Association [website](#).



Snowblower Safety

Every year, hundreds of serious [snowblower injuries](#) occur. These injuries most often involve fractures or amputations of the hand. To prevent this type of injury, make sure to use your [snowblower safely](#):



- If the snowblower jams, shut it off and disengage the clutch. Wait at least five seconds until the blades stop rotating.
- Using a stick or broom handle, remove the jam (many newer models come with a clearing tool). NEVER put your hands in a snow chute or near the blades.
- Keep all machine guards and shields in place.
- Do not leave a snowblower running while unattended.

If someone incurs an injury from a snowblower, wrap the injured body part in sterile gauze and apply pressure. If a part is amputated, wrap the amputated body part in sterile gauze, then place in a clean container with ice (do not place body part directly on ice). Seek medical attention immediately.

Snowboarding Safety

Snowboarding has continued to become an increasingly popular winter sport. It can also be a more complicated sport. As with any strenuous sport, snowboarders should be in good shape. Novice snowboarders should take lessons from a professional, even if they have prior skiing experience.

Recommended protective gear includes: a helmet, goggles/sunglasses, hat/headband, gloves/mittens, and sunscreen. You may want to use wrist guards or tailbone protection as well.

While on the slopes, follow the “[Responsibility Code](#)”:



- Stay in control.
- Know that people ahead of you have the right of way.
- Always stop in a safe place for you and others.
- Whenever starting downhill or merging, look uphill first and yield to others.
- Use devices to prevent runaway equipment.
- Observe signage and warnings, stay off closed trails.
- Know how to use the lifts safely.

Please see the National Safety Council’s Fact Sheet: [Ski and Snowboard Safety](#) or the National Ski Area Association’s [Ski and Snowboarding Tips](#) or more information.



The “Doh!” Photos of the Month



PPD January Injuries

1/12/2011—The employee was cutting a 2x4 on a vertical band saw to make a round internal support for some thin-walled tubing. As the employee was rounding the cut, he pushed, forcing the 2x4 through. The cut finished, but the force on the pusher carried his hand into the blade. This resulted in a laceration requiring 9 sutures. The employee had current Tech Shop Safety training and has been using band saws for approximately 15 years. This is a recordable case. The employee did not follow the tech shop safety training guidance to keep guards at the height of the work piece and ignored signs to stop the job when it was noticed that the wrong tool was being used for the job.



Let’s dive into this injury a little further using Human Performance Improvement (HPI) investigation tools. Upon further investigation into the incident, there were many error pre-cursors. The project the employee was working on is under a tight schedule, there were perceived pressures, and the project the employee was working on had just had a setback leading to the use of this band saw to complete the job. Using the DOE Causal Analysis Tree it was suggested that the employee ignored signs to stop when it was apparent that the blade was not designed for the work piece and that an unusually high amount of pressure was needed to cut the wood. Proper guarding practices were not used during the cutting. These factors contributed to the injury.



Challenge

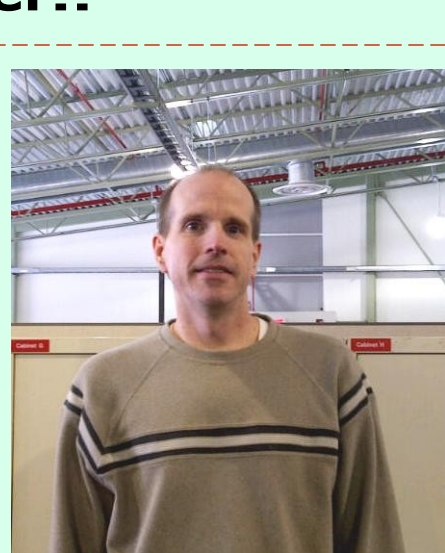
January Winner!!

Winner of the Ice Scraper:

Richard Reinert

Challenge: Provide a new name for the PPD ES&H Newsletter

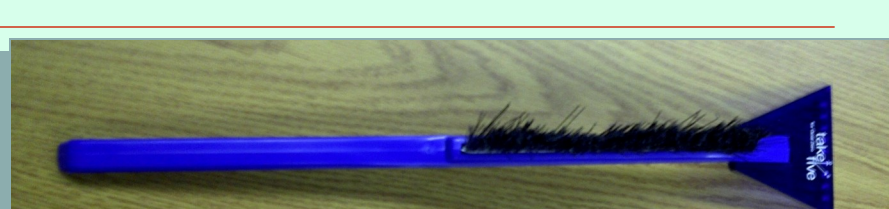
Response: PPD “NEWS TO LIVE BY”



February Contest

For a chance to win a Take Five Ice Scraper w/ Brush:

Provide a humorous caption for the photo below:



Please submit your responses/answers to [Angela Sands](#) by February 25th.
(If there are multiple correct answers/entries, a drawing is held.)